

HOOVER RECREATION CENTER

GROUP FITNESS SCHEDULE

EFFECTIVE SPRING 2013

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15AM	Cycle- Mike	Cycle- Mike			Cycle- Mike		
5:30AM					High Velocity - Suki - AR		
5:45 AM			Cycle- Laurie Mayson				
8:00 AM			Beginner Yoga - Gay - Horizon (45 min)				
8:15AM			Advanced Exercise - Senior Center				
8:30 AM	Cycle- MaryBeth	Cycle - Linda					
8:30 AM	Water Fitness - Pam- Pool	Water Fitness - Beth- Pool	Water Fitness- MaryBeth - Pool	Water Fitness - Beth- Pool	Water Fitness- Pam - Pool	-	
8:30 AM	CPFR (cardio-pump, plyometrics, and resistance) - Gay AR	Zumba - Pam AR	M.A.X - Christie AR	ZUMBA - Pam - AR	Advanced Step-Beth AR	8:45 Cycle/ Flexible Strength- Suki Cycle Room	
8:45AM				Cycle- Cindy - cycle room		WWW (weekend wake-up workout) -Gay- Activity Room	
9:00 AM	Advanced Senior Exercise - Senior Center				Advanced Senior Exercise - Senior Center		
9:15 AM			9:15 Pilates- Stephanie Horizon			-	
9:30 AM	20/20/20 - Jennifer - AR		-			-	
9:35 AM	Power Yoga Sculpt - Leslee - Horizon	9:45 Body Sculpt- Beth AR	Body Sculpt - Christie - AR	Body Sculpt - MaryBeth AR	Power Yoga Sculpt- Leslee - Horizon	-	
10:30 AM	Senior Exercise - Senior Center		Senior Exercise - Senior Center	Toning, Balance, & Strength - Senior Center	Senior Exercise - Senior Center	10:00 Zumba Pam/Kimberly AR	
10:35 AM			Yoga, Core, and More - Leslee AR			10:15 AM Suki - Yoga - Horizon Room	
11:00 AM	Cycle - Laura F. Cycle Room		Cycle - Laura Cycle Room		Cycle-Kathy Cycle Room		
1:30 PM							Cycle Gay / Valerie
4:30 PM	Cardio Core - Juleigh- AR						Cardio Sculpt - MaryBeth - AR
4:45 PM		Cycle - Suki Cycle Room					
5:00 PM		Abs- Juleigh AR	NRG Blast - Juleigh AR	Abs- Randy AR			
5:30 PM	Pilates I - Juleigh AR	Final Cuts - Randy - AR		Final Cuts - Randy - AR			
6:00 PM	Cycle- Penny Cycle Room	-	Cycle - Suki Cycle Room				
6:35 PM	Yoga - April - Horizon	6:30 ZUMBA - Kimberly - AR	6:00 PM Yoga - Paige - Horizon	ZUMBA - Suki AR			
6:35 PM	Total Body Challenge - Suki AR			Cycle - Jeff Cycle Room			

Activity Room (AR) **First Floor**
 Cycle Room
 Horizon Room
 Gymnasium **Second Floor**

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HOOVER

GROUP FITNESS CLASS DESCRIPTION

GROUP FITNESS Our group fitness department offers a variety of classes to fit all of your fitness needs. We offer 57 classes a week including cycle, cardio, power yoga sculpt, yoga, Pilates, water fitness, senior exercise, Zumba and sculpting classes. Seasonal schedules are available at the Hoover Recreation Center.

PERSONAL TRAINING The Hoover Recreation Center has seven certified personal trainers to provide the motivation, education, guidance, and individual instruction required to achieve your personal fitness goals. Our trainers will design a tailored exercise program for each individual that reflect the client's objectives, fitness level, and experience. Personal Training rates are as follows:

1 session - \$35; 5 sessions - \$150; 12 sessions - \$300; 24 sessions - \$550.

<p>ZUMBA</p> <p>This class combines Latin music with salsa, meringue, and other dance moves for a fun cardiovascular workout. It is great for strengthening the abdominal area.</p>	<p>ABS</p> <p>This class is designed to tone and strengthen the abdominal area. Instructors will take you through <u>30 minutes</u> of solid abdominal work that guarantees to bust your gut.</p>
<p>WATER</p> <p>This popular exercise class will continue throughout the year. Wet vests are provided and are used in the deep end.</p>	<p>M.A.X. HI-LO</p> <p>A Maximum Aerobic Expenditure class designed to burn maximum calories by combining a hi-lo impact aerobic class with intervals of strength training.</p>
<p>CARDIO MIXER</p> <p>This class is a combination of hi-lo, step, and kickboxing. It will also incorporate muscular endurance and core strength.</p>	<p>ADVANCED STEP</p> <p>Come and burn some calories with this fun class. This hour consists of a <u>high choreographed</u> class with an advanced sequence of movements of motion and form on the step.</p>
<p>CARDIO-STEP</p> <p>A challenging yet fun class that will take your heart rate close to an anaerobic state and then bring it back to recovery working phase. The frequent starts and stops of interval training using the step allow the body to increase the amounts of stress it can handle, improving recovery time.</p>	<p>20/20/20</p> <p>Utilizes different types of activity to make your workout exciting. This class consists of combinations of 3 of the following: step, kickboxing, hi-lo, or muscular conditioning to add variety to the class.</p> <p>WHAT A BLAST!</p>
<p>FINAL CUTS</p> <p>This unique class of science-based body sculpting techniques will combine weights, rubber resistance, balls, and bands to optimize muscle conditioning efficiency. This class provides strenuous yet fluid movements that simultaneously improve muscular strength and endurance for a complete body workout.</p>	<p>LOW IMPACT</p> <p>A low impact aerobics class for <u>all ages</u>. Its purpose is to promote cardiovascular improvement and teach the basics of step and low impact exercise, while emphasizing muscular strength, core strength, balance, and endurance.</p>
<p>CYCLE</p> <p>An indoor studio cycling class. This class is designed for any fitness level, beginners thru advanced. You set your own pace! Experience rolling hills, mountain climbs, or flat fast courses. Set to great music for a quad-burning good time! Pick up a cycle ticket at the Welcome Center desk no earlier than <u>30 minutes</u> before class start time. Please be on time or early also.</p>	<p>PILATES</p> <p>Fitness based (<u>one-hour evening class</u>) (<u>75 minutes daytime class</u>) mat classes will cover the basic principles and traditional exercises of Pilates. You will learn correct body alignment and technique, appropriate breathing, muscle control, body and postural awareness, how to engage the core muscles that support, strengthen, and stabilize the spine and pelvis, and how to coordinate breathing with movements. The progression will include modifications and more challenging versions of each exercise.</p>
<p>BEGINNER YOGA</p> <p>This <u>thirty minute</u> class introduces the basics of yoga stretches. It is open to people of all fitness levels.</p>	<p>CYCLE - FLEXIBLE STRENGTH</p> <p>This <u>hour and thirty minute</u> class combines a fun-filled cycle ride with a program blending endurance, strength, and flexibility. Pick up a cycle ticket at the Welcome Center no earlier than 30 minutes before class start time.</p>
<p>TOTAL BODY CHALLENGE</p> <p>This class is a combination of cardio and strength. It involves interval training through cardio and weight training segments. May involve use of step for drills, weights, bands, and anything else to get a total body workout!!!!</p>	<p>STEP INTERVAL</p> <p>Increase your cardio capacity while building lean muscle. Using the STEP allows you to work at a consistent level of intensity, maximizing your cardiovascular conditioning. Additionally, there will be intervals challenging muscle strength while building muscular endurance.</p>
<p>YOGA</p> <p>This dynamic class balances strength and stretches. You will learn flowing patterns and controlled variations of the different yoga postures to develop a powerful and graceful body.</p>	<p>BODY SCULPTING</p> <p>Cap off your cardio with resistance training. This class includes weights, tubes, bars, etc. for a well rounded body toning workout.</p>
<p>SENIOR EXERCISE</p> <p>This class provides participants with an enjoyable and safe exercise program for those individuals who have rheumatoid arthritis, limited joint flexibility, and/or limited strength due to inactivity injury, or illness. This group class also offers peer interaction while working to increase strength and endurance through basic and simple exercises. Advanced classes also offered.</p>	<p>POWER YOGA SCULPT</p> <p>Integrate the benefit of yoga with the advantages of muscle conditioning for a strong, well-aligned body. In <u>this hour and fifteen minute</u> class, you will alternate a series of yoga postures with free-weight lifting. With these highly effective movements, you will release tension, loosen your joints, and develop strong, flexible muscles.</p>
<p>YOGA, CORE, AND MORE</p> <p>A well balanced class of stretching, toning, and re-energizing. Incorporates flowing yoga, free weights, and core strengthening. <u>All levels welcomed!</u></p>	<p>YOGA - (Saturday mornings)</p> <p>Great class for beginners and intermediate level! This class stays to the format of traditional yoga; working through a series of posing. Participants will be working on flexibility, balance, and strength.</p>